

Save Money and Decrease Energy Use

Dear Parent / Guardian

I would like to save you money. Here are 10 ways to decrease your home energy usage and therefore save you lots of money. Please read and I will help you do the following in order to make the world healthier and you wealthier.

1. **Drive less:** walk, bike, TTC, carpool; consolidate errands (make a list).
2. **Heating:** replace air filter, insulate attic and caulk cracks around windows and doors, and wear a sweater.
3. **Water Heating:** insulate water heater and piping. Keep water heater at 55C. Turn thermostat low at night and when no one is home. Take short warm showers instead of hot showers. Hot showers are bad for skin and hair. Wash clothes in cold water. Cold water is better for clothes.
4. **Air Conditioning:** change air filter: Keep house cool (25C) not cold, as it is better for your health. Use ceiling fans and open windows when not using AC. Take cool showers.
5. **Clothes Dryer:** hang clothes, which is better for them. Use dryer during off peak hours.
6. **Electronics:** put on timer power bar to avoid 'phantom' drain in the middle of the night. Turn off when not in use. Play outside, play a game, exercise, or read a book instead.
7. **Lighting:** switch to LED light bulbs. Use motion sensor lights outside, bathrooms, and in dark hallways.
8. **Cooking:** use microwave or toaster oven whenever possible.
9. **Hair Dryer:** use cool dry, towel, or fan.
10. **Seasonal Maintenance:** use a push lawn mower and snow shovel for exercise.

How Long Does Your Garbage Take to Decompose?

Decomposition Timeline:

- It takes PAPER 2 – 4 months to decompose
- It takes WAX PAPER CUPS (e.g. soft drink cups from fast food restaurants) 5 years to decompose
- It takes TIN CANS 80 – 100 years to decompose
- It takes ALUMINUM CANS 200 – 400 years to decompose
- It takes GLASS 1,000,000 years to decompose
- It takes an INDEFINITE amount of time for plastic bottles and Styrofoam to decompose.
 - THINK before you throw something in the garbage. Everything listed above (exception for WAX PAPER CUPS) is recyclable. We shouldn't throw these things in the garbage because they will stay in the landfill until they decompose, which is a VERY LONG TIME!
 - The more we throw away, the more space we need for landfill. This means more trees and vegetation would be cut down,
 - Loss of habitat for animals, and loss of land that we can use to grow food.

REDUCE! REUSE! RECYCLE!